

COMMONWEALTH KUDOS

REMY LAVELLE '09 performed with her chorus at the Gaylord in late February. The performance was aired on Channel 8.



Commonwealth Academy, represented by **DOUGLAS OLINGER '10**, **SEAN BRINZA '12**, and **TUNC EDMONDS '14**, placed third in the Annual Mu Alpha Theta Wildcat Math Invitational, held at Mountain View High School in Stafford, Virginia on March 19th. In addition to the team honors, Olinger won first place for Level I competition, receiving an individual trophy and TI-84 calculator, and Edmonds tied for third.



For the second year in a row, **JAEALYN BRICE '14** served as a ballgirl at the opening rounds of the Division I Women's Basketball Championship, held in College Park on March 24th. She has also served as a University of Maryland ball girl.

INSIDE:

- Upcoming Events 2
- Service Learning 3
- C/A Happenings 4
- C/A Around Town 6



MATT SULLIVAN '12 scored the game-winning goal in his CBHL Championship Game. (See story page 5).

SECOND QUARTER HONOR ROLL

- | | |
|------------------------------|-------------------------|
| High Honor Roll | Ashley Haas '13 |
| Dean Julien '09 | Elliott Katz '12 |
| Megan Nadeau '09 | Joseph Keller '13 |
| | Alex Lewis '13 |
| Honor Roll with Merit | Connor Marley '13 |
| Richard Klein '09 | Brendan McAuliffe '13 |
| Juliet Landeck '15 | Noah McGrath '09 |
| Joshua Nyden '12 | Michael Mumenthaler '10 |
| Douglas Olinger '10 | Conor Powell '13 |
| | Alison Rowan '15 |
| Honor Roll | Ross Rubin '14 |
| Behnam Bonyadian '09 | Nicholas Walker '11 |
| Samuel Curtis '12 | Alexander Wheeler '10 |
| Tunc Edmonds '14 | Kelly Witowsky '09 |
| Matthew Fagnoni '09 | Katie Wood '13 |

UPCOMING EVENTS

MS Science Day

Since early March, Middle School science students have been working on their Science Day projects in preparation for classroom presentations that begin on May 4th. Science Day projects promote problem-solving skills, scientific reasoning skills, and creative-thinking skills using student science interests as the theme. Students will create a model or perform an experiment and an accompanying Power Point presentation.

On May 8, parents of 6th and 7th graders are invited to view presentations/projects from 1:15 p.m. – 3:00 p.m. in the Multipurpose Room. Parents of 8th graders are invited on May 22nd at 1:15 p.m. – 3:00 p.m.



MS Lock-In

The Second Annual Middle School Lock-in will be held on Friday, April 24th, beginning at 6 p.m. Students can be picked up at 8 a.m. the following morning. The evening will be packed with activities, games, movies, music, and food. Contact Middle School Director David Roth for questions or for further information.

WORKSHOP: Meeting the Challenge of Executive Functioning

Commonwealth Academy of Alexandria, in conjunction with Landmark College, the premier college for students with learning disabilities and AD/HD, is sponsoring a workshop for educators and parents on “Meeting the Challenge of Executive Functioning,” at Commonwealth Academy on Tuesday, April 21. Executive functioning refers to an individual’s capacity to plan, organize, strategize, and carry tasks through to completion. Executive functioning is especially challenging for adolescents with learning disabilities and attention deficit disorders; it is the cause of many difficulties at school and home, despite abundant intelligence and good educational opportunities. This 1-day workshop explores the theoretical basis for executive functioning challenges, providing educators and parents with insights for designing effective interventions that promote academic success. Participants will develop a repertory of strategies for meeting the challenges of time and task management, with a focus on efficient study routines and coaching approaches for student self management. The presenter is Linda Hecker, Lead Education Specialist at Landmark College Institute for Research and Training, in Putney, Vermont. Ms Hecker has given workshops, courses and seminars at schools and colleges around the world. This workshop is open to secondary and postsecondary educators, parents, counselors, vocational rehabilitation specialists, and others who work with students with learning challenges. The \$80 fee includes all materials, snacks, and lunch. For more information contact: institute@landmark.edu, and to register online: www.landmark.edu/nova.

CARE

COMMONWEALTH ACADEMY
RECOGNIZING OUTSTANDING EDUCATORS

RSVP BY APRIL 28TH!

9th Annual CARE Awards Dinner and
A Celebration of MOTHERS

Thursday, May 7, 2009

1801 K Street, NW * Washington, DC

6:30 Cocktails & Hors D’oeuvres * 7:30 Awards * Dessert Bar to Follow

Honoring **MARIE S. PAXSON**, President,
CHADD Board of Directors
for her outstanding contributions to the education, advocacy,
and support of individuals with AD/HD.

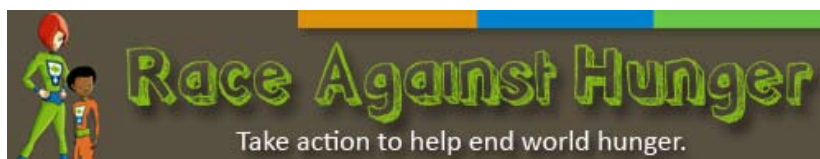
Plan now to join Dinner Hosts
MARY MATALIN and **JAMES CARVILLE**,
the Commonwealth Academy community, corporate sponsors, and
Congressional representatives for an unforgettable evening
recognizing outstanding educators and mothers.



SERVICE LEARNING

Mosby Woods Elementary School

On Thursday, March 26th, eight High School Spanish II students traveled to Mosby Woods Elementary School on a Service Learning expedition. C/A students stepped out of their comfort zone as they read well-known stories—first in Spanish, then in English—to small groups of Mosby Woods second through sixth graders; students they had just met for the first time. After reading, C/A students asked questions about the stories, and encouraged the Mosby Woods students to try reading in Spanish as well. Older and younger students learned about each other and improved their Spanish skills. The day following the trip, Ms. Carmack of Mosby Hills emailed to thank C/A for a “fabulous experience.” She exclaimed that the students “were still talking about reading in Spanish this morning in the halls!” and reported that the sixth grade students proposed that C/A students teach them to play a game in Spanish next time.



On March 17th, a sponsor from Race Against Hunger spoke with Middle Schoolers in preparation for our community service activity. The Race Against Hunger, a non-competitive, educational fun-run, will take place on May 15th and is designed to help middle school students better understand global hunger and help raise public awareness about this problem. The hope is that increased public awareness will lead to increased access to the resources necessary to prevent and treat hunger. This activity unites middle and high school students worldwide and provides an opportunity for students to: learn about the causes and effects of hunger, discuss sustainable solutions to the problem, help disadvantaged populations, inform their community about this worldwide issue, help save lives, appreciate service learning, and an participate in a fun, informative activity that is good for their health.

Students will ask sponsors to make tax-deductible donations for each set distance the student walks or runs. Each time the student reaches that set distance, he/she will get a mark on his/her race bib. Marks are tallied at the end of the race, and students then collect their sponsors’ contributions. Proceeds go to Action Against Hunger’s international life-saving programs.

If you are asked to be a sponsor, keep in mind that it takes just 30 days and \$50 to treat a severely malnourished child on the brink of death! For more information, visit www.actionagainsthunger.org.



BOARD OF TRUSTEES

Walter R. “Trip” Howell III,
Chair

Diana A. Horvat, *Vice Chair*

Cathy Pharis, *Treasurer*

Julie B. Goodale, *Secretary*

Susan J. Johnson, PhD
Head of School

Donald C. Klawiter,
Chair Emeritus

Marilyn S. Burroughs

Tristan Caudron

Kathleen Criner

John W. Hazard, Jr.

Richard J. Nadeau

Rutha Piper

Christian J. Spitz

William E. Witowsky

CAPA OFFICERS

Stacey Nadeau, *President*

Jolene Irwin, *Vice President*

Terry Witowsky, *Secretary*

Tina Mollen, *Treasurer*

DO YOU HAVE NEWS TO SHARE?

Please send any news of interest to the Commonwealth Academy community to
Director of Communications
Mari Foret
at mariforet@mac.com

Commonwealth Academy
1321 Leslie Avenue
Alexandria, VA 22301
703.548.6912
CommonwealthAcademy.org

C/A
HAPPENINGS



MS. FAHEY'S middle school English class presents poetry at the "Beat Café."



CRAZY SLIPPERS DAY gets two thumbs up.



HAT & JERSEY DAY SPIRIT

SALSA CONTEST

In mid-February, Mr. Henneberg's and Ms. Chamberlain's four Spanish II and III classes were pitted against each other in a salsa-making contest. After researching recipes to choose the ingredients they wanted to use, students and teachers walked up to the local grocery store to purchase the necessary items. Each class created their own unique salsa and presented it to a panel of student and teacher judges during lunch. After tasting each salsa, the panel declared Mr. Henneberg's 2nd Period Spanish Class the best salsa makers. The event was enjoyed by all: students learned what salsa is made of, what one needs to buy and create salsa, and how to work as a team to make it; teachers enjoyed sampling their work!



SENIORS SKI LIBERTY, February 11, 2009.



MIDDLE SCHOOL BASKETBALL WRAP-UP

The Middle School Cougars celebrated the end of their inaugural season with a party on Friday evening, March 20th. Joined by David Roth, Rob Henneberg, Ed Synan, and Ed Conroy, students watched highlights of past NCAA Tournament games, as well as some live competition from this year's tournament. Pizza, soda, ping pong, and mini basketball rounded out the celebration.

Photography Club in Full Bloom

The Photography Club, accompanied by mentor Deb Banowetz participated in a photo scavenger hunt at the Botanical Gardens in mid-March. Club members visited different areas in the gardens, taking pictures that included the rose garden, atrium, orchid room, desert room, and jungle room (including perspectives from the catwalk), as well as prehistoric plants and huge metal sculptures of flowers. They also viewed a photo exhibition on "Witness Protection Trees" that contained black and white still images of historically and biologically significant trees in the DC area.

Please visit <http://picasaweb.google.com/CommonwealthAcademyPhotos/> to view our student's work. You'll find pictures from the Botanical Gardens trip in several student folders (e.g., see Adonis, Angela), as well as other samples of their work.



In Memoriam

Loretta Gainor, mother of Michael '08 and wife of Charles, passed away on February 21, 2009. The funeral was held at St. Bartholomew's Church in Bethesda.

Guest Lecturer Teaches Civics Class About Supreme Court

On February 13th, the 8th Grade Civics class welcomed guest speaker, Mr. Samuel J. Gerdano (Natalie '13), who lectured about the role of the Supreme Court, the current make-up of the court, and the confirmation process a nominee to the Supreme Court must go through. He shared pictures and a short video clip of part of a confirmation hearing. Currently the Executive Director of the American Bankruptcy Institute, Mr. Gerdano was chief legal counsel to Senator Grassley from 1995-1991 and served on the Senate Judiciary Committee as staff director for the Subcommittee on Courts and Administrative Practice. He is an honors graduate of the Syracuse University College of Law and is a member of the D.C. Superior and Federal Courts and the U.S. Supreme Court.



COMMONWEALTH KUDOS, CONTINUED

Matt Sullivan's Hockey Team Captures CBHL Championship Title

Not only did Matt Sullivan's U-18 Virginia Wild team cinch the CBHL (Capital Beltway Hockey League) title in a 7-3 victory over the Whalers, Matt scored the game winning unassisted goal. Below is Matt's description of his team, season, and the playoffs. You can find more information about the VA Wild at <http://LeagueAthletics.com/Default.asp?snid=147138509&org=vawildhockey.com#33304>.

"We played in a division with teams all over Maryland and Virginia, as far south as Hampton Roads. The season ran from October to March. The team is comprised of 17 and 18 year olds from all over Northern Virginia. We have played two tournaments in Chesapeake Virginia and one in Nashville Tennessee. It is my second season with the VA Wild that plays out of the Ashburn Ice House in Ashburn Virginia. Our overall record was 19-12-4. We finished the season as the 3rd seed in the league. I had seven goals and 15 assists in 35 games. During the CBHL semi-finals of the playoffs, we faced the Maryland Bayhawks. The Bayhawks were only team we did not beat during the regular season with a record of 0-3-1. We beat them 6-1 in a very one-sided game. (I had 2 assists.) In the championship game, we played the 4th seeded Hampton Roads Whalers who had just come off a huge win against the heavily favored #1 seed, the Southern Maryland Sabres. In a very physical game, we beat the Whalers by a score of 7-3. I scored the game winning unassisted goal and had an assist on the 2nd goal."

C/A AROUND TOWN

Koshland Science Museum

In late February, Middle Schoolers visited the Koshland Science Museum to supplement their studies in Life Science, Physical Science, and World Geography. They broke into three groups and learned about the past problems of global warming, current issues of global warming and future potential problems. Students worked diligently to complete all of their research and enjoyed themselves while doing so. By viewing and interacting with hands on computers and research data, students were able to gain a better understanding about the problems the world is facing regarding climate change. After completing their research, students joined together with their groups and discussed the most important information they found. Students then met together with all groups and eloquently explained their findings. Finally, students were asked to think of ways to change the future and help alleviate this problem. The scientist who worked with us stated that the answers the students provided "were the most creative I've ever heard".



Student Leadership Breakfast

Tom Nelson '10 and Remy Lavelle '09 attended the Student Leadership Breakfast of the Parents Council of Washington, held in February at Georgetown Prep. Topics discussed at the breakfast covered technology, drugs, school activities, privacy, SGA power, and a court of peers.

Ice Skating

On March 20th the entire Middle School went ice-skating at the Kettler Ice Plex in Balston; the rink is used for the Washington Capitals' practices. Students had a wonderful time at their end-of-the-quarter activity, and skated for nearly the entire hour we were there.



Engineers Day at GMU

Thirteen C/A high school students traveled to GMU for Engineers Day in mid-February. While there, students learned about engineering jobs, from computer gaming to bioengineering, to working for the CIA. They met the engineer who was responsible for designing the Mars Rover; conversed with faculty, student engineering club members, and employers (Lockheed Martin, High Performance Technologies, etc.); and watched the demolition of popsicle-stick bridges as they were tested for strength. The best bridge held 70 lbs! On top of all this, they ate lots of free food and received lots of free goodies!